



News Release

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How healthy are our youth? Survey to help answer that question

Students across Washington answer questions in effort to capture details

OLYMPIA — This week, thousands of Washington students are providing a glimpse into what they eat, how they exercise, whether they use alcohol, tobacco or other drugs, and other factors that affect their health.

About 300,000 students in nearly 1,200 schools are taking the 2010 Healthy Youth Survey.

The voluntary, anonymous survey goes out every two years; it seeks demographic information, along with answers to questions about injury, physical activity, and diet, among other topics.

It's the 12th statewide survey of Washington's students. All of the surveys included students in grades six, eight, 10, and 12 — except in 1999, which included students in grades nine–12.

Survey results broken out by school, district, educational service district, county, and state levels will be distributed in March 2011. The survey results will help assess needs and evaluate the effectiveness of prevention and health promotion work.

Details about [the Healthy Youth Survey](http://www.doh.wa.gov/HealthyYouth/) (<http://www.doh.wa.gov/HealthyYouth/>) are online.

The survey is a collaborative effort of the Department of Health, the Office of Superintendent of Public Instruction, the Department of Social and Health Services' Division of Behavioral Health and Recovery, the Department of Commerce, the Family Policy Council, the Liquor Control Board and the contractor, RMC Research Corp.

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Visit the Washington Department of Health website at <http://www.doh.wa.gov> for a healthy dose of information.